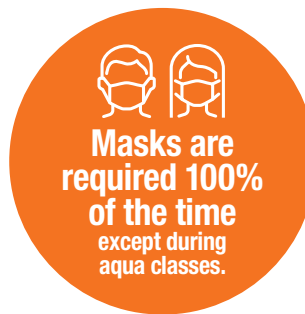


Mind Body Fitness Schedule



Updated and effective **April 1, 2021**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Members and team members will be asked to clean any equipment used. **Please bring whatever you may need such as a water bottle, mat, all yoga props.** Please be in the studio two minutes before all other classes or your space may be given away. For safety and courtesy, refrain from entering class once it has started. Questions? Email Group.Fitness@ColumbiaAssociation.org.

* NEW Registration procedures:

All classes require preregistration. Preregister online, in person, or by calling Columbia Athletic Club, 410-730-6744, Columbia Gym, 410-531-0800 or Supreme Sports Club, 410-381-5355. **CA Fit&Play, Golf Fit&Play** may register **48** hours in advance. **1Fit** members may register for classes at their club **24** hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:30am Barre Pilates CG *	10:30am Yoga AC *	9:30am Yoga Sculpt SSC *	10:30am Virtual Qigong AC *	10:30am Yoga AC *	8:30am Yoga CG *
10:30am Yoga AC *	10:45am Yoga CG *	10:30am Yoga AC *	10:45am Yoga CG *	NEW 10:45am Flow Yoga SSC *	9:00am Yoga AC *
NEW 10:45am Flow Yoga SSC *	5:30pm Yoga Sculpt CG *	6:15pm Yoga SSC *	6pm Yoga CG *	6pm Yoga CG *	9:45am Flow Yoga CG *
6pm Yoga AC *	6pm Flow Yoga AC *		7:30pm Yoga Sculpt SSC *		11:30am Yoga Sculpt AC *
6:15pm Flow Yoga SSC *	6:15pm Flow Yoga SSC *		7:35pm PiYo AC *	SATURDAY	
6:45pm Yoga CG *				9:15am Flow Yoga SSC *	
				9:30am Yoga AC *	
				10:45am Yoga CG *	